

A heat reflection device for footwear includes a first layer of fluid-impervious material, a second layer of fluid-impervious material and a sac arranged between the first and second layers. The sac contains a heat reflective material therein. In use the device is positioned in relation to the sole of the footwear so that at least some heat conducted or converted through the sole is reflected away from the foot of the wearer of the footwear. The heat reflective material may be a mixture of heat reflective powder or particulate, thickening agent and fluid. The heat reflective powder or particulate may be one or a combination of two or more materials selected from titanium dioxide, zirconium and zinc oxide.